



The Comfort of Home®

Grand-Parenting News

"CARING FOR YOU...CARING FOR OTHERS"

Teens—Helping Them to Make Healthy Choices

Your teen is going through a lot of changes. Along with her physical changes, she is also becoming more independent. Even though her friends are becoming more and more of an influence in her life, she can still benefit from your guidance, and even looks for it.

Get Moving - Have Fun!

Encourage your teen to get involved in one of the following activities:

- Walk - to school, to work, to a friend's house, or just walk the family dog
- Skateboard, rollerblade or bike ride
- Join a sports team at school
- Join the local YMCA and swim or play tennis
- Wash the car (it's exercise too!)
- Dance

Need help finding activities? Call your Kinship Navigator at 509 458-7450 option 4.



Nutrition - Eat Healthy Snacks

You may not be able to control what teens eat at school or with their friends, but you can make sure they get some of the essential food groups each day when they're at home. In the morning, give them a bowl of fresh fruit salad to eat with their breakfast. Each day after school, or while they're waiting for dinner to be ready, offer a plate of chopped vegetables with a low fat dip or salad dressing. Snacking is okay as long as it is healthy.

Some easy, healthy snacks to serve:

- Pretzels
- Vegetables and low-fat dip or dressing
- Popcorn without butter
- Bagels with whipped or low-fat cream cheese
- Cottage cheese and fruit
- String cheese
- If your teen is used to eating dessert every day, start to introduce these healthier alternatives:
- Angel food cake (low in fat) with low fat whipped cream and fruit
- Frozen fruit bars
- Fresh or frozen yogurt

Source: Adapted from the U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES, National Institutes of Health, NIH Publication No. 01-4328

Client Wellness Fair

Please join us on **Saturday, August 26 from 10 am - 2 pm** at the Mary Higgins Building parking lot at 107 South Division in Spokane for a Client Wellness Fair. Activities include:

- FREE Hot Dog Lunch
- Games, Activities, Raffle and FUN
- Community Resources

BRING THE FAMILY



Communicating with Your Kids

Communicating with the kids in your life is so important! It is one of THE most important skills your child will need to get ahead in the world today. We may not realize what an important role we play in developing these skills, at any stage our kids are in.

Here are a few powerful, positive things we can say. We will add a few more in an upcoming issue:

1. I like you.

This is a different statement from "I love you." This statement says, "I like who you are as a person." Use them both.

2. You're a fast learner.

Learning is natural. Young children are amazing at it. Learning is play to them. What you say to them early influences how they relate to learning later in life, when it can be more difficult or frustrating.

3. Thank you.

Simple courtesies are a sign of respect. Social skills are critical in life, and the best training for tact and grace starts early.

Babies and Choking

Choking is the leading cause of preventable death in babies. Make sure you have taken an infant CPR class (call the American Red Cross for classes), and keep a reference sheet on the refrigerator in case of a choking incident. Always watch an infant or small child when he is eating, and do not let him crawl with food in his mouth.

Avoid these main choking hazards: grapes, popcorn, peanuts, hard candy, peanut butter, hot dogs (especially sliced rounds), gum, raisins, and raw vegetables (always cook vegetables thoroughly).

Tip Any toy or small object that can fit through the center of a toilet paper roll is small enough to be a choking hazard.

For additional help locating a CPR class, you can also call 211 in your area or your Kinship Navigator at 509 458-7540, option 4.

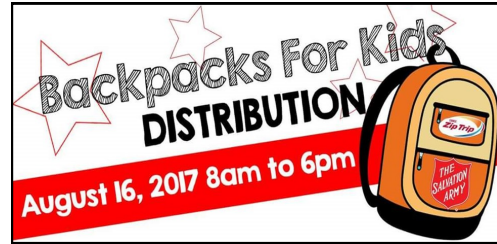


Back to School Resource Information!



- Aug 11th 4 - 8 pm, Northtown Mall
- Aug 25th 4 - 8 pm, Spokane Valley Mall

Get to know educational after-school programs, local health care providers, family friendly businesses, parenting support groups, homework help, sports leagues and more in your neighborhood. Back to School Fashion Show, live performances, kid friendly activities and more. Their focus is on families with school age children K-12!



Thanks to our generous sponsor, Cenex Zip Trip, The Salvation Army of Spokane will distribute new backpacks and school supplies as well as offer a Community Resource Fair to local students on Wednesday, August 16, 2017, from 8am to 6pm. All backpacks and supplies are distributed according to student grade level (K through 12), on a first-come, first-served basis while supplies last. Backpacks and supplies are distributed to parents or guardians, and the following materials are required for participation:

1. Photo identification for parent or guardian.
2. Proof of children living in your household (School Registration, DSHS statement, ID card for each student, Medical Cards, etc).

Come and get a photo with a surprise Mascot throughout the event!!

Unity Parade
(register to participate)

Career, Education and Health Fair

Cultural Village

Activities for All Ages

Join us for the 23rd Annual

UNITY
in the
COMMUNITY
Our Diversity is Our Strength!

Region's Largest
Multi-Cultural Celebration

Saturday, August 19th · 10am to 4pm · Riverfront Park, Downtown Spokane

nwunity.org

Family friendly and free to all

Live Entertainment

Free K-8 School Supplies

Free Kids Helmets
(while supplies last)

Senior Resource Area

IN PARTNERSHIP WITH

stcu

7th Annual

"SCHOOL SHOES FOR KIDS"

Friday, Aug. 18, 12pm-7pm
& Sat., Aug. 19, 10am-2pm

Brand new school shoes!

Children in grades Kindergarten through 8th grade will receive a new pair of shoes!

Families that live in zip codes: 99202, 99203, 99207, 99208, 99212, 99217, 99218, 99223 are eligible regardless of their last visit to the center. Please bring i.d. and proof of address. Child must come in to be fitted for their shoes.

Mission Community Outreach Center
Reaching Out With Care

1906 E. Mission Ave. | 509.536.1084
www.4mission.org



Kinship Korner ~ Your Answers to Everything About Kinship Care



As your Kinship Navigator, I get asked a lot of questions and love to find the answers! One of the questions folks often ask me is *“What is the difference between the Kinship Navigator and the Kinship Caregiver Support Program?”*

The Kinship Navigator is the person, who connects Kinship Caregivers (relatives raising their relative’s children) with community resources. As a Kinship Navigator, I am assigned to work with Caregivers in Spokane County, but there are Navigators in every County in Washington!

Here are just some of the resources a Kinship Navigator can assist with:

- Community Activities
- Referrals to Community Resources (clothing, etc.)
- Health Assistance
- Legal Services and Information
- Support Groups or Counseling
- Training

The Navigator is able to assist Kinship Caregivers anytime of the year as long as Program funds are not being used.

If a Caregiver is in need of financial assistance, The Kinship Caregiver Support Program (KCSP) is the program that may provide financial help for Kinship Caregivers who meet eligibility requirements. The program assists with items to help the relative children being raised by Kinship Caregivers to assist with their most urgent needs. The Navigator will work with the Caregiver to ensure that all community resources are used along with any assistance from the Program.

Caregivers who qualify for the KCSP are served once a year.

What is an eligibility date?

This is the date a Caregiver is helped with the KCSP. If a Caregiver is in need of assistance with an urgent need or is at risk of not being able to continue their caregiving relationship, they may contact the program again after their eligibility date the following year.

You will meet with the Navigator to re-determine your eligibility and work on a plan to combine community resources and financial assistance to help.

If you have any questions, you can always contact me at 509 458-7450, option 4! Your questions may be answered here in the newsletter.

Patricia

Kinship Navigator ~ Spokane County

Youth Mental Health First Aid Training

Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, first aid is **YOU**. A young person you know could be experiencing a mental health or substance use problem. **Learn an action plan to help.** Anyone 18 or older can take Youth Mental Health First Aid, but it is recommended for those who regularly have contact with young people ages 12-18; teachers, coaches, social workers, faith leaders and other caring citizens.

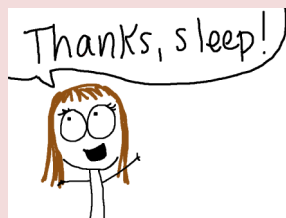
This free training will be held on August 16, 2017 8:00 am 4:30 pm at West Valley High School, 8301 East Buckeye, Spokane Valley. **Space is limited!!**

To register, please contact Shelly Johnson at (509) 323-2727 or sjohnson@esd101.net
Registration is open until August 15th or until filled.

Taking Care of Yourself Not Enough Time for Sleep!

- With children in the house and all the worries you have, no wonder you are getting too little sleep. What to do? Try these tips for better sleep:
- Don't stay up late watching TV to relax. Reading a magazine is more relaxing.
- Limit fluids before bedtime so you don't get up to go to the bathroom as often.
- A light snack may help you relax, but no heavy meals before bed, which may cause heartburn.
- Write your worries and possible solutions in a journal earlier in the evening to get them off your mind.
- Lack of exercise contributes to sleep problems. Make opportunities to get exercise in your day by taking the stairs and walking. Your doctor may suggest other treatments if you do everything you can and still can't sleep or sleep is disrupted from a temporary stressful situation.

Source: Mayo Clinic's Women's HealthSource; Special Report November 2003



Looking for Someone to Talk To?

Sometimes we need someone to talk to, bounce ideas off of or just know we are not alone in our journey.

If you are a relative (grandparent, aunt, uncle, sister, brother, cousin, etc.) raising a relative's child under the age of 18 and want to be with other kinship caregivers....Let us know!

We would like to form a group here at Frontier Behavioral Health just for YOU!

Please call the Kinship Navigator at 509 458-7450 option 4 and let us know you'd like to join the group. Tell us the best days and times for you, too.

We hope to have a group forming soon!





**Supporting
Kinship Care Families**

SAVE the DATE

Tuesday, September 26, 2017
Kalispel Tribe of Indians, Northern Quest Resort & Casino
Airway Heights, Washington
9am-3:30pm

*Networking Breakfast 8-9am * Lunch Served * Social Hour with Snacks 4-5pm*

Understanding Trauma and Building Resiliency *A free event for Kinship families and the staff that support for them.*

Childhood experiences - whether nurturing or toxic - affects the quality of our lives, relationships, and work. We can make a difference with every day actions. Come learn about how adversity impacts all of us. Most importantly we will talk about the 'Help that Helps', the actions we can take, that increase awareness and build resilience - especially for our children.

Join us for an educational day about N.E.A.R. (Neuroscience, Epigenetics, Adverse Childhood Experiences and Resilience) with workshops to help you apply the concepts in your life.

Watch for registrations materials to come shortly!

The Kinship N.E.A.R. events have been made possible by the generous contributions and support of:

APPI The Washington State ACEs
Public-Private Initiative



foundation for
healthy generations.
CREATING ENDURING HEALTH EQUITY



Transforming lives



casey family programs

**Washington Dental Service
Foundation**
Community Advocates for Oral Health

If you have questions please contact: karenb@healthygen.org



Kinship Navigator/Kinship Caregiver Programs

5125 North Market Street

Spokane WA 99217

The Kinship Program is sponsored by:



**Are you somebody's hero?
Are you providing primary care for a
relative child whose own parents are
unable to care for them? Kinship
Navigator/Kinship Caregiver Programs
are here to support you!**

509-458-7450, option 4

OPEN HOUSE!

Save the Date

Thursday, September 7

3-6 PM

Raschko Building

5125 North Market Spokane

**Join us as we celebrate our newly
renovated Raschko Building in
Hillyard and unveil plans for a
community garden.**

Remarks will begin at 4:30 pm

Refreshments and tours provided